

WHAT IS CLAIMED IS:

1. An information recording medium on which grooves and
5 prebits neighboring the groove are formed,

5 wherein the groove comprises an embossed area in which
an embossed configuration including pits and spaces of
predetermined depths is formed; and

10 wherein the prebit in the embossed area has an optimized
configuration according to a length of the pit or the space which
10 the prebit neighbors.

2. The information recording medium according to claim
1, wherein the optimized configuration is prescribed by a prebit
15 shift which indicates a length of the prebit in a perpendicular
direction to a direction of the length of the groove and by a
depth of the prebit.

3. The information recording medium according to claim
2,

20 wherein the prebit shift is determined to be constant
for all the lengths of the pit or the space in the embossed area;
and

25 wherein the depth of the prebit is determined according
to the length of the pit or the space in the embossed area.

4. The information recording medium according to claim
1, wherein the optimized configuration of the prebit is a
configuration with which an RF signal distortion caused by the
prebit becomes minimum.